Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Monday, December 19, 2011

A Tasty French Toast Recipe

As we move into the Holiday Season, I wanted to share a recipe for French Toast that my family and I enjoy for breakast. This is a little different than my usual topics, but I wanted to post this to share with all of you.

Use thick slices of toast/sandwich bread. You will need a measuring cup that uses American measurements or you can convert the measurements to metric easily online.

First add the following ingredients into a mixing bowl:
1/4 cup flour
1 cup milk
1 pinch salt
3 eggs
1/2 teaspoon cinnamon
1 teaspoon vanilla extract
1 tablespoon sugar

Combine ingredients until you have a smooth mixture in the bowl.

Get a large frying pan, place it on the stove top and add cooking oil (I prefer natural sunflower or olive oil) in the pan. Once the oil is warm, take a slice of bread and briefly dip both sides of the bread into the mixture. The bread does not need to be dipped more than a few seconds on each side. Place the bread slice in the frying pan. Cook each side. Once slightly golden brown/yellow, it is ready to be served. Repeat, until you have enough French toast slices for breakfast. Sprinkle on lightly confectioner's/baker's sugar on each slice if you wish. You may add maple syrup or other favorite topping.

Enjoy!

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- December 19, 2011

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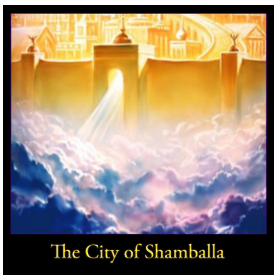

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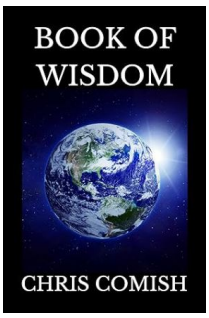

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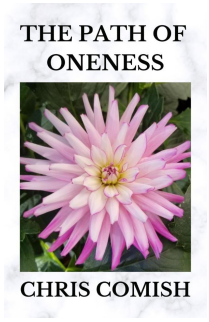

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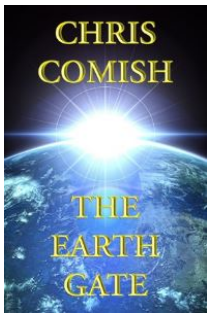

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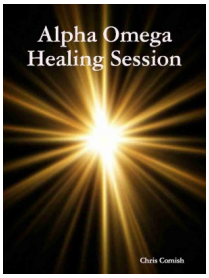

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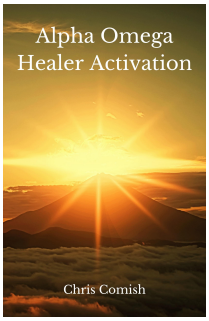

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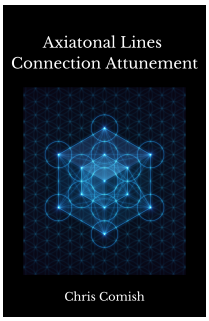

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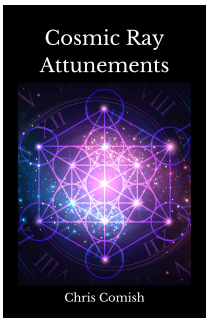

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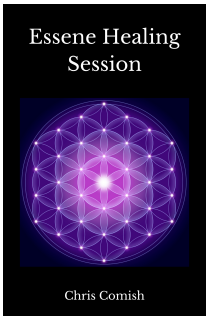

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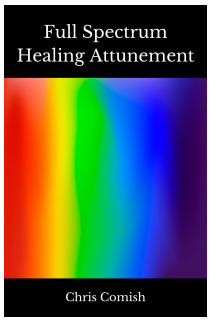

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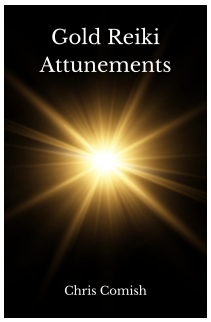

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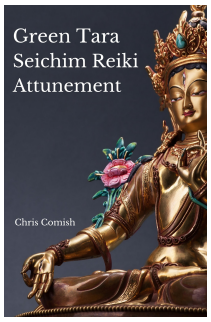

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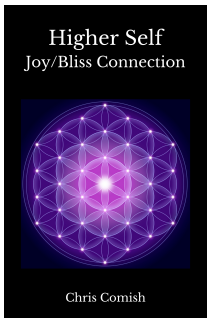

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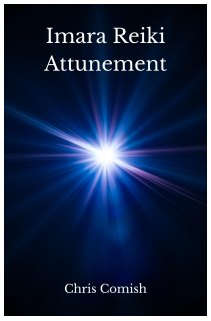

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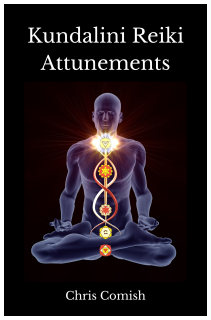

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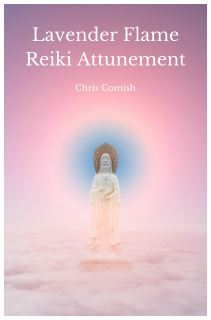

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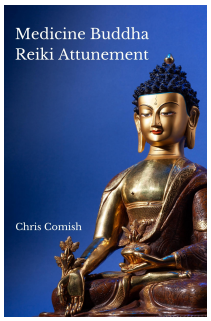

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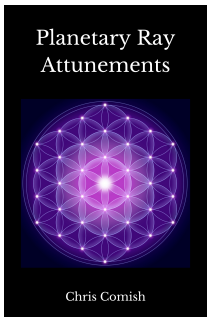

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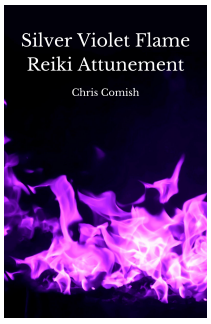

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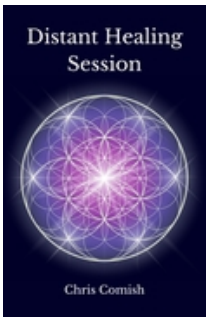

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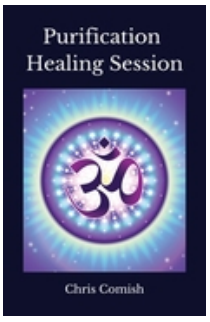

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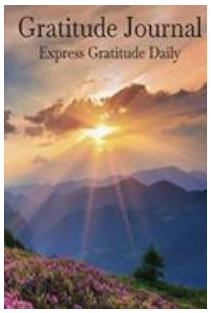

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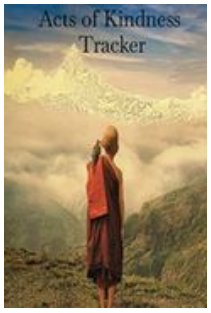

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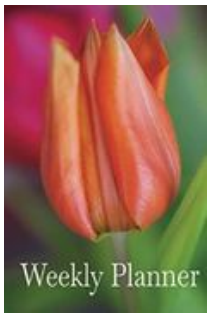

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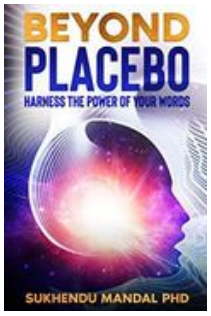

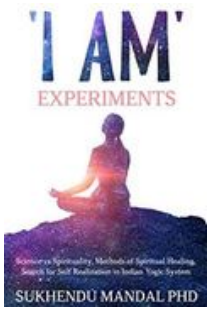

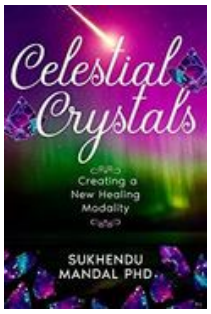

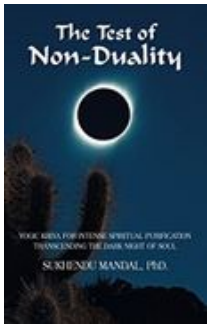

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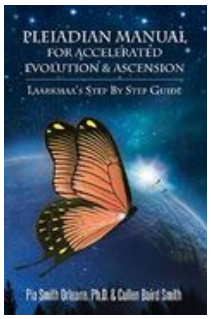

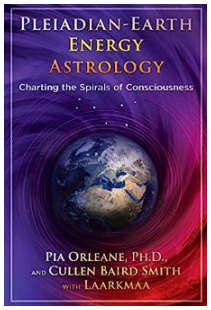
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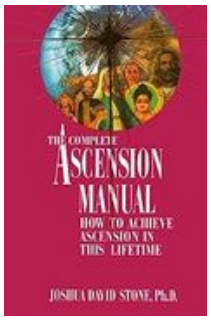
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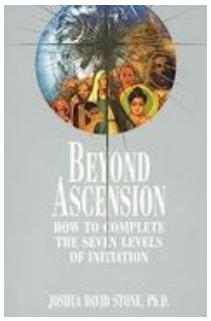
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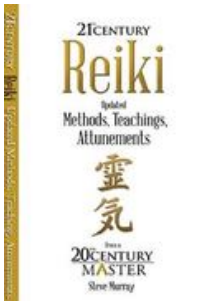
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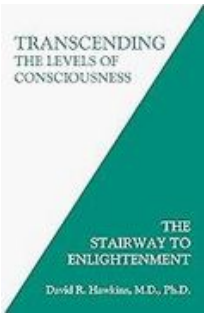
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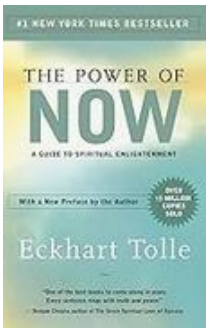
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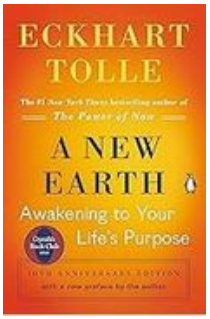
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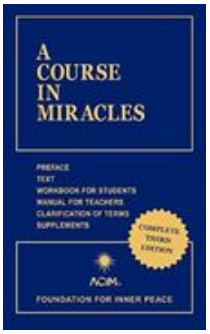
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SUPPLEMENTS
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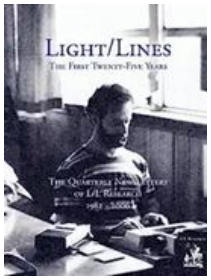
FOUNDATION FOR INNER PEACE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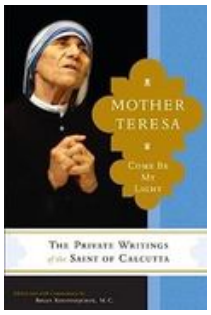
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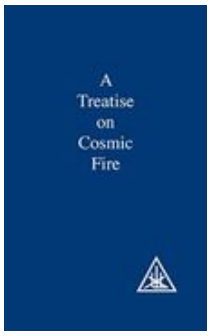
Human and Solar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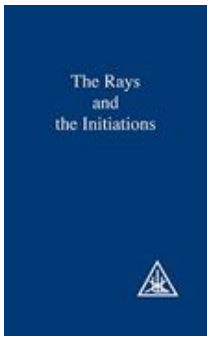
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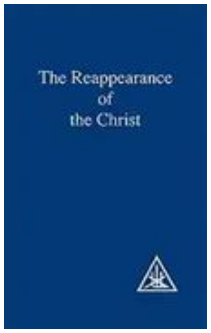
and
the Initiations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the Christ

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Externalisation
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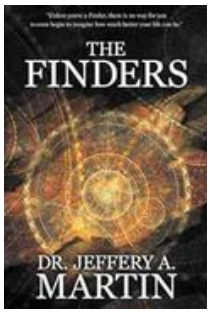
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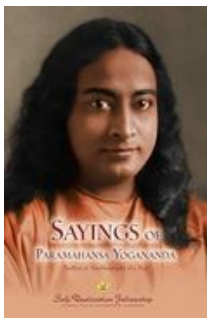
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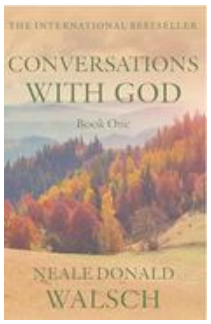
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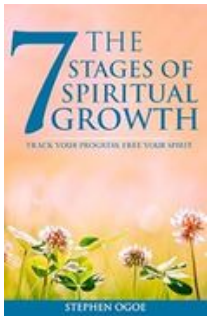
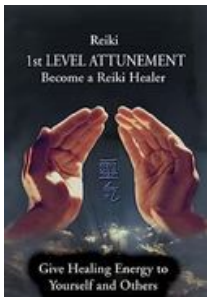
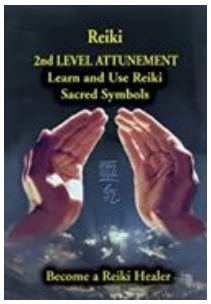
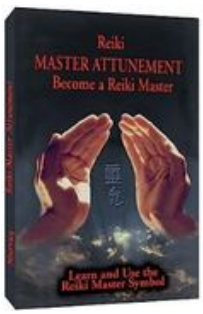
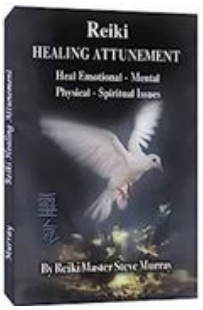


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

Blog Archive

► 2026 (7)
► 2025 (312)
► 2024 (77)
► 2023 (21)
► 2022 (15)
► 2021 (1)
► 2020 (1)
► 2018 (2)
► 2017 (2)
► 2016 (5)
► 2014 (1)
► 2013 (4)
► 2012 (18)
▼ 2011 (51)
▼ December (4)
Winter Solstice
A Tasty French Toast Recipe
Happy Holidays
Member of the Month at City of Shamballa
► November (2)
► October (2)
► September (2)
► August (3)
► June (7)
► May (6)
► April (16)
► March (4)
► February (5)
► 2010 (19)

Labels

- 2012
- 2014
- 5D
- after life
- afterlife
- ageless wisdom
- alien
- aliens
- angels
- anger

- archangels
- ascended
- ascended masters
- ascension
- astral
- attunements
- audiobook
- black triangle
- buddha
- chakras
- challenges
- channeling
- CHI
- cho ku rei
- chris comish
- city of shamballa
- conscious
- contact
- convergence
- cosmic
- cosmic council
- creator
- criminals
- david wilcock
- divine
- earth
- ebook
- energy
- entities
- esoteric
- essene
- experience
- faith
- faith. Love
- forgiveness
- free will
- freedom from duality
- french toast
- full spectrum healing
- gate
- ghosts
- go daddy
- God
- golden age
- harmonic
- Harmonic Convergence
- healing
- heart
- higher self
- hitchhiker
- holidays
- Human Body Energy Centers
- illuminati
- invocation
- kwan yin
- lavender flame
- law of one
- lessons
- liberation
- life
- life review

- light
- link
- ll research
- logoic body
- love
- manifestation
- masters
- Mayan Prophecy
- meaning
- meditation
- member of the month
- members
- metaphysics
- movies
- Noah
- numbers
- nwo
- oneness
- Osama bin Laden
- polarity
- postage
- prayer
- protection
- purification
- purpose
- quan yin
- quotes
- reiki
- reiki attunement
- reiki key chain
- religion
- resentment
- satisfaction
- service
- session
- shamballa
- sirius
- soul
- space
- spacecraft
- spirit
- spirituality
- stamps
- teachings
- the city of shamballa
- time
- trees
- two thousand and twelve
- ufo
- unconditional love
- unity
- void
- vow
- winter solstice
- wisdom

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